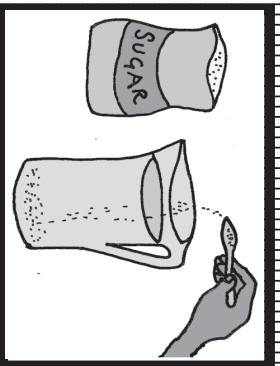


## SUGAR SALT SOLUTION

SS1

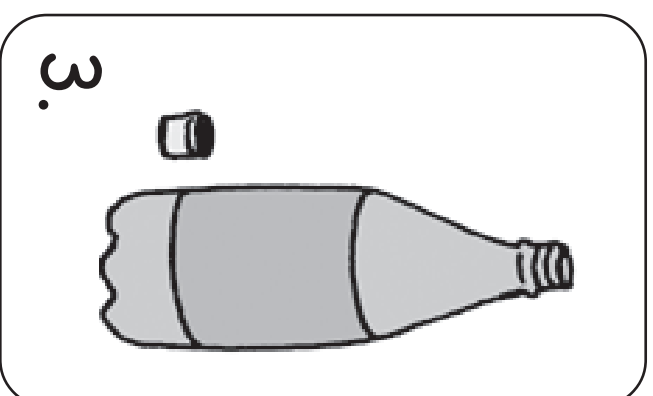
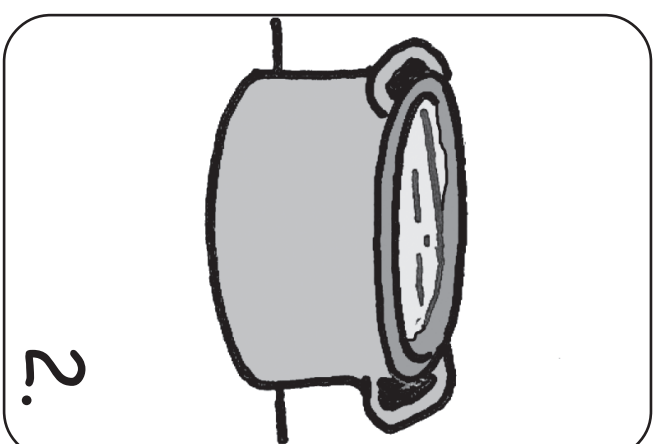
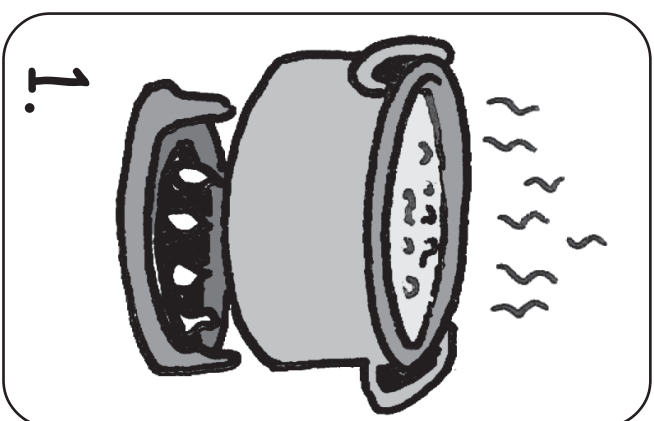
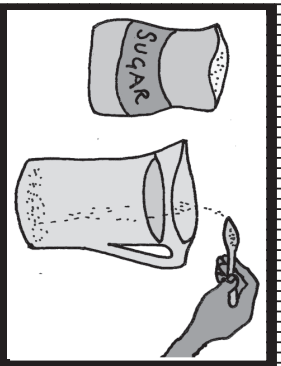


### HOW TO MAKE SALT SUGAR SOLUTION FOR TREATING DIARRHOEA

- SS2. 1. Boil a pot of water for at least 6 minutes to kill all germs.  
2. Let the water cool down for half an hour.  
3. Meanwhile, find an empty one litre bottle with a lid.  
4. Wash the one litre bottle well with soap and rinse well.  
5. So as to be able to measure exactly one litre, fill the bottle with boiled water.
- SS3. 6. So as to be able to mix the sugar and salt easily, pour the water from the bottle into a clean open container, like a jug.  
7. Measure 8 level teaspoons of sugar.  
8. Add the 8 level teaspoons of sugar to the water in the jug.  
9. Measure 1/2 teaspoon of salt into the water.
- SS4. 10. Stir the water well until the sugar and salt have dissolved well.  
11. Taste the solution to check it is no saltier than tears.
- SS5. 12. Measure 1/2 teaspoon of salt into the water.
- SS6. 13. Measure 1/2 teaspoon of salt into the water.  
14. Taste the solution to check it is no saltier than tears.  
15. Feed the baby with one teaspoon of SSS every five minutes.
- SS7. 16. A little SSS every few minutes is more effective than feeding the baby a lot of SSS at one time, as it prevents vomiting.  
17. Try to feed the baby at least one litre of SSS within one day.  
18. If there is any SSS left at the end of the evening, throw it away and mix new SSS the next day if needed.  
19. To keep the baby well nourished it is very important to keep breastfeeding the baby even when it has diarrhoea.  
20. Remember to wash your nipples before feeding the baby.
- N.B. 21. If diarrhoea does not stop within 24 hours take the baby to the Clinic for a check up as it may be serious.

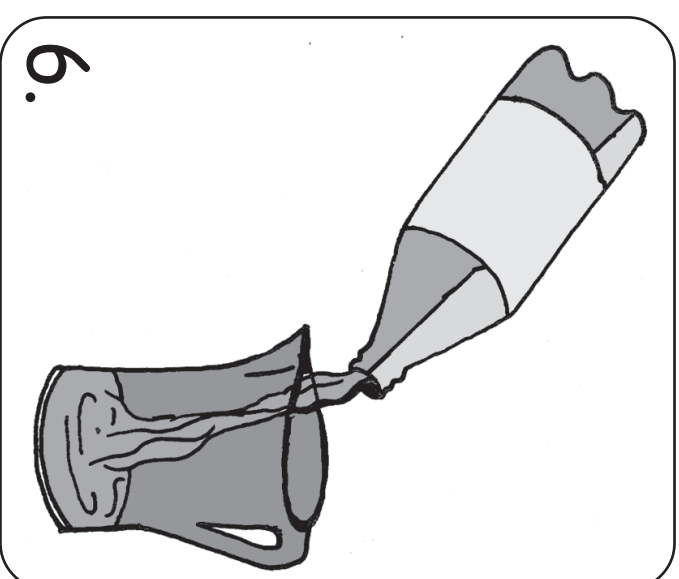
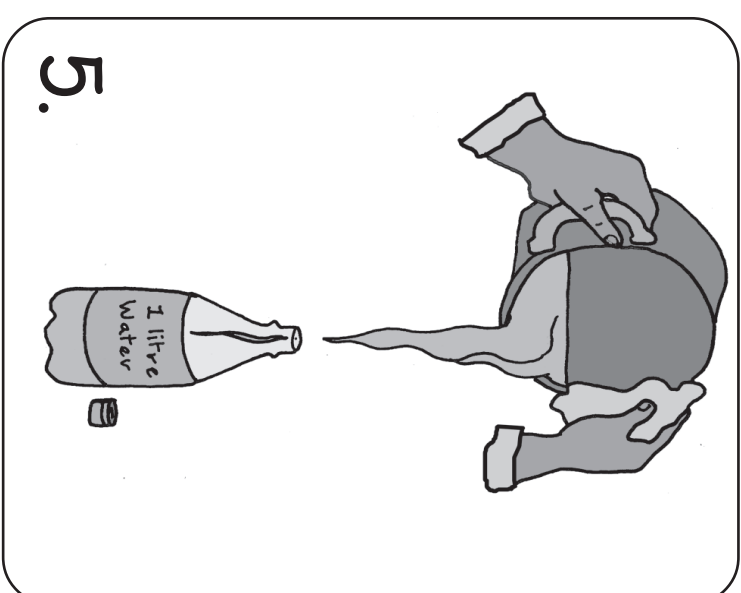
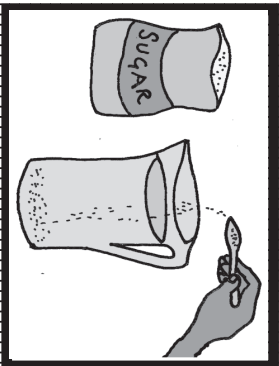
# SUGAR SALT SOLUTION

SS2



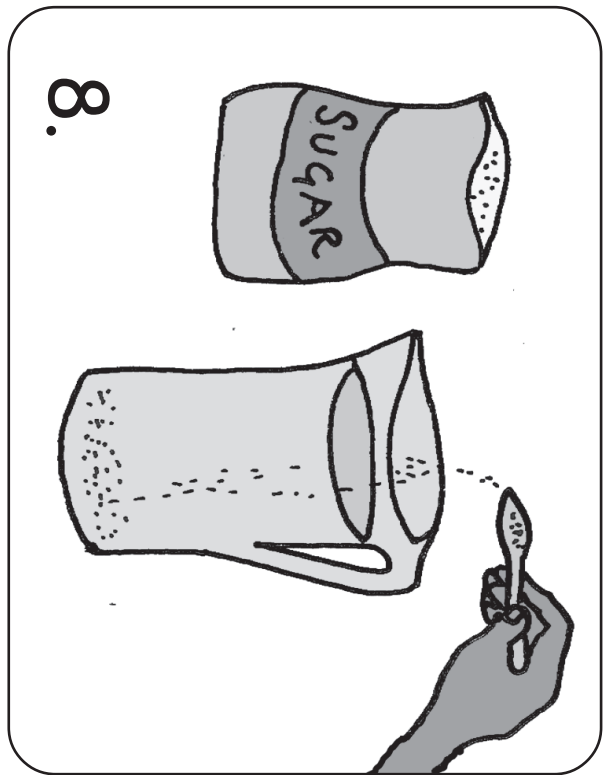
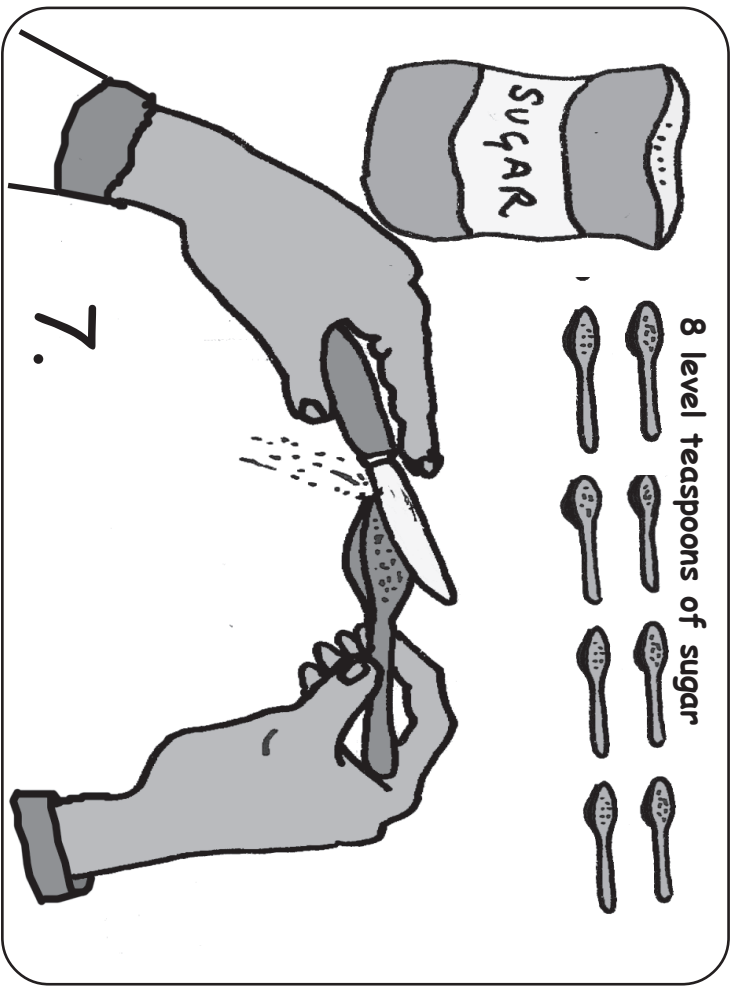
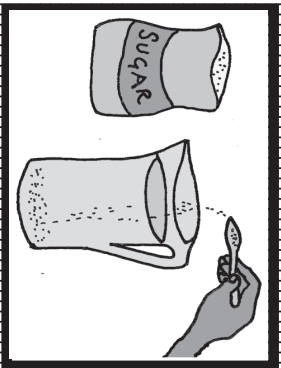
# SUGAR SALT SOLUTION

SS3



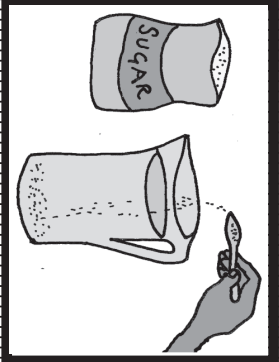

# SUGAR SALT SOLUTION

SS4



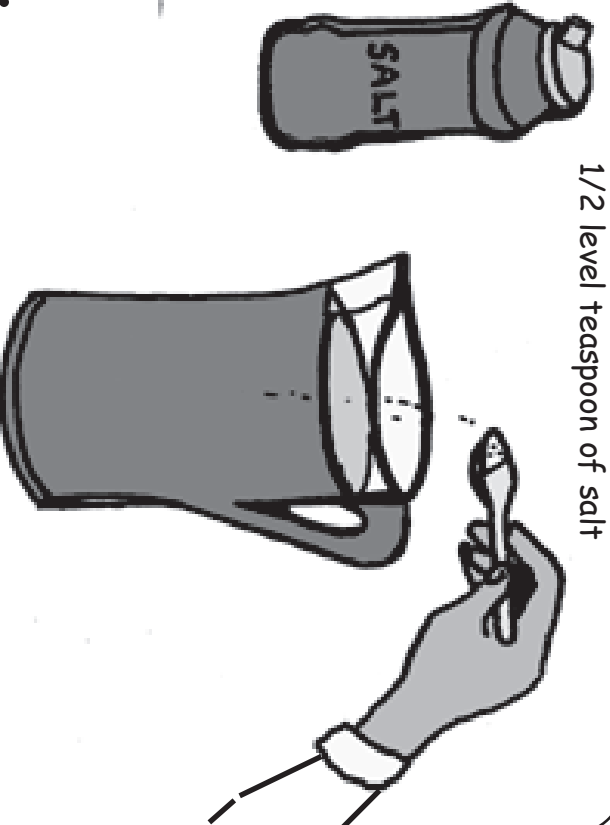
**SUGAR SALT SOLUTION**

SSS

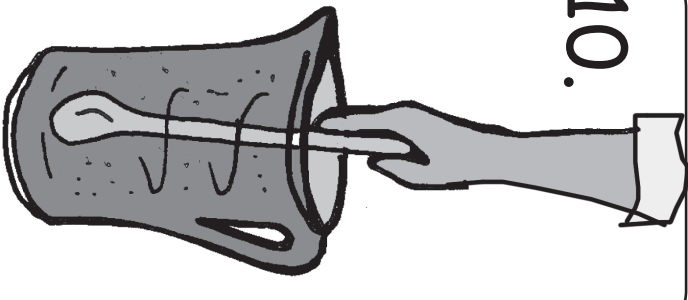



9.

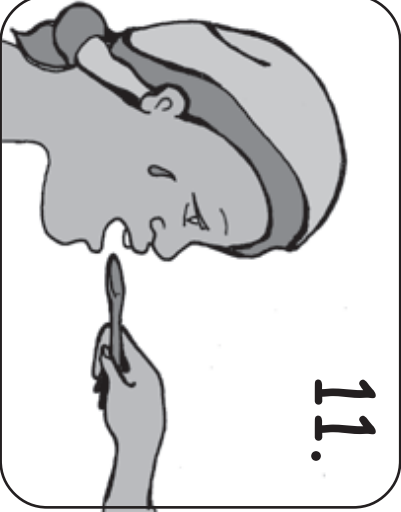
1/2 level teaspoon of salt



10.



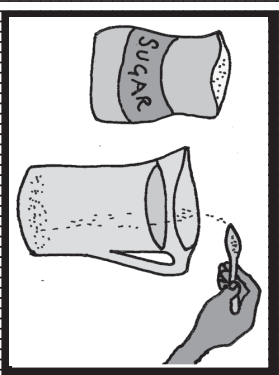
11.



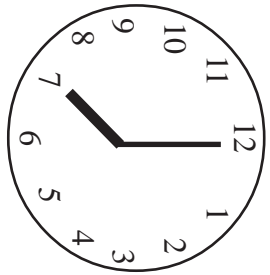
**Important:**  
 Before you give it to the baby, taste the SSS yourself.  
 It should be no saltier than tears

# SUGAR SALT SOLUTION

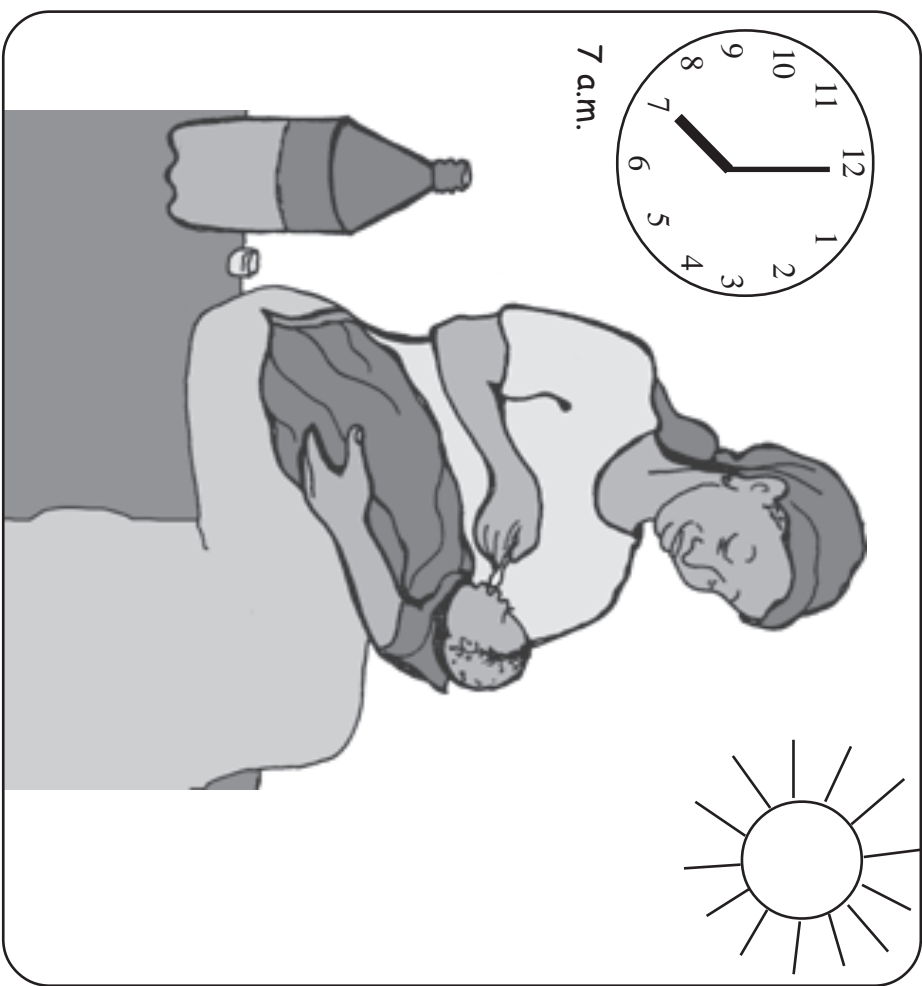
SSS



Visual Aids developed by J.Waterkeyn, (Africa AHEAD) for City Health Department Cape Town. 2007.  
Funded by Danida / Hygiene Promotion Partnership. Illustrator: J. Waterkeyn



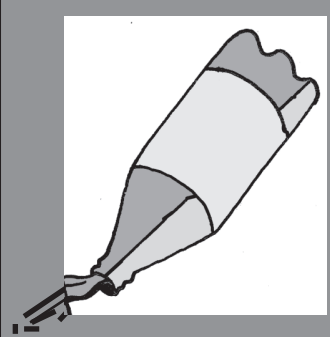
7 a.m.



one teaspoon of SSS every 5 minutes all day



11 p.m.

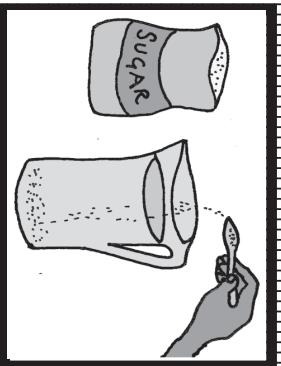


Throw away any SSS left at the end of the evening



# SUGAR SALT SOLUTION

SS7



### Important:

Do not stop breast feeding the baby

Always wash your nipples with soap before breast feeding the baby.

If diarrhoea does not stop within 24 hours take the baby to the clinic

